

Seeing friends and family

[New temporary measures will be in place across the central belt](#) from Saturday 10 October 2020 until Monday 26 October 2020.

This guidance applies across Scotland except in the central belt where additional measures are in place. See: [COVID-19 restrictions in your local area](#).

Inside people's homes

Do not meet people from any other households in your home or another person's home socially, unless they are in your extended household.

An extended household is one where two households have joined together to form a single household. An extended household can be formed by a person who lives alone - or only with children under 18. They and another household of any size can agree to form an extended household. An extended household can also be formed by a couple who do not live together, and their children. [More on extended households](#).

These rules apply to everyone, including children. Children whose parents do not live in the same household can move between homes.

These restrictions apply to social visits inside houses only.

You can go into someone's house to provide essential care and support such as providing unpaid care, childcare and delivering shopping to a vulnerable person. Tradespeople can also go into people's homes to carry out work and repairs.

Everyone should follow good hygiene, by washing hands regularly.

See [tourism guidance](#) for information on using holiday accommodation in Scotland.

Outdoors

You can meet people outside, in your garden or a public space, in groups of up to 6 people from no more than 2 households (not counting under-12s).

Limit as far as possible the total number of households you meet in a day.

Stay 2 metres apart from anyone not in your household.

If you are meeting another household in their garden, you should only go into their home to:

- access the garden – do so quickly and without touching anything
- use the toilet – avoid touching surfaces as much as possible and clean hands thoroughly

Under-12s do not count towards the maximum number of households or people who can meet outdoors, and do not have to physically distance in gardens or public spaces, such as parks.

A maximum of six 12-17 year old can meet outdoors, with no household limit. Physical distancing is still required.

These restrictions do not apply where there is other sector specific guidance in force, for example for gyms, childcare, organised sports, education, and places of worship.

Indoors in public spaces

A maximum of 6 people from 2 households can meet in public indoor spaces such as cafes, pubs and restaurants. Children under 12 from those 2 households are not counted towards the 6 people limit.

See: [eating and drinking out](#)

See: [guidance on seeing friends and family](#)

Carers

Carers can enter another household to provide unpaid care for someone else.

Children and childcare

You can provide childcare in your home, for example to look after a grandchild.

Car sharing and giving lifts

You should only car share with members of your own, or extended, household, and follow the [safe travel guidance](#) at the Transport Scotland website when there is no alternative.

Shielding

Clinically extremely vulnerable people are not being advised to shield at this time. See: [information on staying safe if you were previously shielding](#)

Travelling to see friends and family

See [the travel section](#).

Visiting care homes and hospitals

Visits to hospitals and care homes are being phased in.

Care homes

Visits over and above essential visits are being gradually re-introduced.

Care home residents can have:

Care home residents can have:

- up to 6 outdoor visitors from no more than 2 households at a time by pre-arranged appointment
- 1 indoor visitor once a week by pre-arranged appointment if care homes have had their visiting plans approved by local public health teams

These arrangements may be different if you live in an area with additional measures. See: [COVID-19 local measures](#)

See: [care home visitor guidance](#)

Hospital visiting

Visits over and above essential visits are being gradually re-introduced.

Each person in hospital can have 1 designated visitor, to be made by pre-arranged appointment.

These arrangement may be different if you live in an area with additional measures. See: [COVID-19 local measures](#)

See: [hospital visiting guidance](#)

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[Shopping, drinking and eating out](#)

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